Teaming up to Quit

Designed for parenting women or pregnant women who need help quitting tobacco

It is always a good time to quit smoking. It is never good to smoke while pregnant. Cutting back isn’t enough. In order to protect your baby you must stop smoking altogether. If you’re thinking about becoming pregnant or are pregnant there are resources available to you to help you quit.

Teaming Up to Quit is a seven-week program with individualized counseling sessions. During these sessions, mothers receive a progressive tobacco cessation program and use a carbon monoxide monitor to measure the amount of poisonous gas is in their system from tobacco use.

Smoking during pregnancy provides a wide variety of risks for both mother and the unborn baby:

- The nicotine and carbon monoxide in cigarettes reduce the amount of oxygen that is supplied to the fetus.
- Nicotine does penetrate the placenta and the concentrations of nicotine in the fetus can be as much as 15 percent higher than the levels in the mother.
- The combination of carbon monoxide and nicotine may account for developmental delays often seen in infants of smoking mothers.
- Smoking during pregnancy has been firmly linked to an increase in the incidence of Sudden Infant Death Syndrome (SIDS).
- A smoking while pregnant can increase the risks of low birth weight and pre-term deliveries.
- Babies have an increased risk of cleft palates if their mothers smoked cigarettes during pregnancy.

For more information or to register for counseling, please call (402) 280-5287.